

See 'Mets' on  
pages 12-13

Photo by Kenn Mann

**BOOMER UP TO BAT** — Senior Airman Chardo Richardson, a boom operator with the 32nd Air Refueling Squadron, waits his turn for batting practice with the New York Mets Tuesday. Airman Richardson was at Shea Stadium for the second part of a job swap with NY Mets pitcher Al Leiter. The Mets pitcher was a boom operator for a day at McGuire on May 24.

## Voting

Program encourages  
Team McGuire to vote

See page 4

## Promotions

Tech., master promotion  
lists released

See page 9

## Picnic

Event celebrates AFSA,  
Airmen's Firehouse

See page 15

## Cycling

Team rides for charity  
organizations

See page 20

## Weekend Weather

*Saturday:*



Mostly cloudy  
Chance of showers  
High: 78° Low: 60°

*Sunday:*

Mostly sunny  
High: 80° Low: 58°



# Commander preps for busy summer, emphasizes teamwork

This is shaping up to be quite a busy summer. Recently, we've enjoyed a period where the 305th had an opportunity to reconstitute our people after a period of high operations tempo. For the last several months, we've had fewer people deployed than during the peaks of Operations Enduring Freedom and Iraqi Freedom, and I hope everyone is taking advantage of this time to re-establish themselves at home and in the workplace. We can expect deployments to increase over the next several months, and the time to prepare for that is now.

As you may have heard, the length of Air Expeditionary Force deploy-

ments is increasing for future rotations, from 90 to 120 days. That change goes into effect in September with AEF cycle 5, but increased deployment length isn't the only change.

The AEF cycle is being lengthened, so rotations will occur once every 20 months, instead of once every 15. In addition, each major command has been tasked to expand the pool of deployable Airmen in each AEF. Both of these measures are designed to reduce the impact of the extended deployments on our people. Some stressed specialties will deploy more often and for longer stays until the Air Force can adjust manpower levels

or theater requirements diminish.

In addition to increased AEF deployments, a number of big events are scheduled over the next several months—departure of McGuire's last C-141, arrival of the first C-17 and numerous other high level events. As we take on those projects, we need to look out for each other. Stress can become an issue at home or at work, and all of us can take steps to reduce it.

Maintaining a commitment to personal fitness is one good way to do that—a good stress-busting workout can make a huge difference. I've been happy with the number of people I see taking advantage of the new "Fit-to-Fight" pro-

gram to improve their personal fitness. Our 305th Medical Group Health and Wellness professionals are working hard to offer some great opportunities to improve personal fitness.

It's also a great time to re-emphasize teamwork and efficiency in the workplace. I've always tried to emphasize "working smart," not just hard. That's going to become even more important in the months ahead, so if you have ideas to make things better, I encourage you to work through supervisors to make them happen.

Have a great week!

—Col. JJ Jackson

305th Air Mobility Wing commander

## Action Line: Members concerned with optical appointments, traffic lights

**Q.** The traffic light at the intersection of Bolling Blvd and Wrightstown-Cookstown Road going into the 24-hour gate from Falcon Courts North housing is only green for about 20 seconds. At lunch time traffic is backed up from housing, and it takes 20 minutes or more just to get through the gate. Is there something that can be done to adjust the length of time the light remains green at lunchtime to allow more people to make it through the light?

**A.** Our security forces informed Burlington County of the problem, and they adjusted the signal. The traffic signal at this intersection is a computer-controlled system operated by Burlington County. When the Bolling Gate was closed for renovation, the county adjusted the signal timing to facilitate better traffic flow along Wrightstown-Cookstown Road. The timing was changed back to the original configuration after the opening of the gate, but it quickly became obvious that something wasn't right. While reprogramming the traffic controller, the technician didn't properly set a timing code to account for gaps in the traffic flow out of housing. In other words, if the light turned green and everyone departing the base did not keep moving, the system would assume that there were no more cars in line and automatically change the light to red. With this last adjustment, the county monitored the traffic flow and made additional timing adjustments to provide extra time for traffic to move between FCN and the main base all day, as long as there are vehicles queued at the light. The previous programming provided extra time to cross Route 616

only during peak traffic periods in the morning and afternoon. The security forces will continue to monitor the situation and coordinate with Burlington County if further adjustments are needed. Thanks for taking the time to call my action line about the traffic light situation at the intersection of the FCN housing area and Route 616 (Wrightstown-Cookstown Road).

**Q.** I had an appointment at the optical shop in the base exchange mall. When I arrived for my appointment, I was told they need to make a copy of my military ID card. I gave them my uniform service family health care card, but they said that wasn't enough. They said the base commander said it's okay to let them keep a copy of my ID card, and they need it for their records. I'm uncomfortable with this and went to talk to the security forces at pass and ID. The SF there told me not to let anyone reproduce my military ID card. Please straighten this issue out for me. I don't want to be harassed for a copy of my military ID card every time I go to a new vendor on base. I've never been asked to provide this to anyone else before.

**A.** I greatly appreciate your caution in release of your identification card information to just anyone. In this day of heightened Force Protection and identity theft it is imperative that every member of Team McGuire is vigilant, just as you have been.

In answer to your question, you are correct, to a certain degree. AAFES vendors should not ask to photocopy a military or dependent identification card; however, they may ask you to provide a copy of your identification card to help with medical care process-

ing, check cashing, or to administer other military-related benefits to eligible beneficiaries. In your case in particular, you are authorized to make a photocopy of your identification card and provide it to the optical shop in the base exchange area. The base exchange and commissary are considered military-related benefits. As such, if they request a copy of your ID card, you are permitted to provide it although not required to. Since the optical shop is contracted out by the BX the same holds true. The optometrist is required to file a copy of the military ID card to receive payment from your Tricare insurance. The copy becomes a part of your medical record and is maintained and safeguarded in the same way the medical treatment facility maintains records.

Dr. Johnson has been in practice at the McGuire Exchange for more than 4 years, and he has customarily used a copy of the military ID card to assist with payment of TRICARE care benefits. He has kindly agreed to accept a copy of your valid state driver's license in lieu of military ID card; however, a military ID will have to be presented to verify eligibility for use of the facility. If an insurance eligibility question for payment arises, the patient will be responsible for providing necessary information/proof of eligibility to TRICARE for payment processing.

Again, thank you for your vigilance and setting a positive example for the men and women of Team McGuire. When in doubt, use caution and ask the question. I hope this clarifies your case, and sheds some light for other similar situations as well.



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# Member reflects on McGuire, names it 'Perfect 10'

**By Lt. Col. Richard Vroegindewey**  
605th Aircraft Maintenance Squadron

Twenty-eight years ago, I transitioned into McGuire Air Force Base as a dependent. At that time serving in the Air Force and commanding a squadron at McGuire was not on my radar. In fact, 18 years ago my wife and I never even dreamed we would return to New Jersey. For whatever reasons or circumstances, in October 2001 we were assigned to the 305th Air Mobility Wing and 32 months later have come to appreciate McGuire as, "the place to be!"

"Hold on a minute," you're thinking. "It's okay for you to make that claim, after all, you're married and have a family. There are plenty of things for married people to do." If you are married you may think, "New Jersey is too expensive to live on the economy. We are too far from our family and this is not the garden spot we had anticipated." With all those things considered, McGuire is the place to be ... the assignment of choice ... the perfect 10. Whether single or married, McGuire is a great

location to be assigned. It's the people and the community's purpose that makes it a great place to work and live.

The Team McGuire professionals

have made our time here a memorable one. Our purpose and passion have not been contingent on geographic location or life's circumstances. The positive relationships that we have forged will remain with us through-

out life. Peers, superiors, subordinates, friends and relatives have all made an impact on us. It has been an enriching experience to be part of such a dynamic place. Civilian and military members have worked together every day accomplishing the mission, demonstrating a "Can Do"

attitude with whatever tasks arise.

That doesn't mean that there are no challenges. We all face problems or life challenges. The mission is demanding and we all attempt to bal-

ance demands of life. Not everything is always harmonious but as a team and a community there is a common focus that can help make your assignment first class. When you face challenges, take full advantage of the support

that those around you can provide. There are numerous organizations on base that can assist you with life's needs. Always balance your personal and professional needs with mission accomplishment.

Assignments are everything you make them. You can be miserable for

an entire assignment or make a difference where you've been placed. Become involved with your community. Look for avenues to make an impact on people. Take advantage of McGuire's strategic location and explore New York, Baltimore, Washington D.C., the New Jersey shore and the Delaware Valley, as well as our colonial heritage in nearby Pennsylvania. Philadelphia is one of our oldest cities and is a vast repository of some of our extensive colonial history.

Yes, McGuire is the Perfect 10. You may think "The Perfect 10? That does not apply to me. I don't work on KC-10A Extender aircraft and there are more than KC-10's here." The Perfect 10 is a mind set. "Ten" denotes a perfect result, a pursuit of a goal, a vision. Team McGuire is the Perfect 10. It's the 10,000 people, military, civilians, dependents and retirees, and their collective energies that make our community what it is.

One last thought, life is a garden so dig it; cultivate your personal growth as well as the growth of the people around you, and bloom where you're planted!

**"The Perfect 10 is a mind set. "Ten" denotes a perfect result, a pursuit of a goal, a vision. Team McGuire is the Perfect 10."**

**— Lt. Col. Richard Vroegindewey**  
605th Aircraft Maintenance Squadron  
commander

## *Squadron commander sees grass is greener on his side of fence*

**By Capt. Shannon Smith**  
14th Security Forces Squadron commander

I got a call recently from the security forces deployment manager at Air Education and Training Command, a person I've become well acquainted with during my brief tenure as a squadron commander.

He asked me if my unit could "step up to the plate" and support yet another out-of-cycle deployment tasking.

Such is life in today's operational Air Force. Many Airmen in my unit have deployed four or five times, and that is just during their first term of enlistment. These deployments take their toll on individuals, their families and the people at home station who work twice the hours just to keep things going in their absence.

All these factors beg the question we all ask ourselves at one point or another: Is the grass greener on the other side?

Three years ago, I received a flier from a very reputable recruiting firm. The company specializes in placing military officers with four to 10 years of service into top-tier corporate jobs across the country. I had received these fliers before and always tossed them in the trash, but this time I hung onto one because I was starting to get burned out.

I had recently returned from a remote assignment only to be rewarded with a 14-hour-a-day,

six-day-a-week job with no relief in sight. My wife and I were expecting our first child and were entertaining thoughts of permanently moving closer to home. With all this in mind, I called the number on the flier.

After attending the company's initial presentation, I interviewed and was accepted as a candidate for the corporate placement program. Shortly thereafter, I informed my commander of my intention to separate from active duty.

My military background significantly enhanced my value to corporate America. I'll never forget what one potential employer said to me during an interview. He asked me, "Do you know why we like to hire military people?" In my infinite wisdom, I rattled off several impressive, detailed responses. None were what he was looking for. He simply stated, "Because they show up for work on time."

Never before or since has anyone so completely encapsulated the high caliber of military people with such a brief, yet powerful comment.

Soon after the interview, I accepted a great offer to work for one of America's largest companies. The base salary was significantly higher than my military pay, the medical plan and stock options were first rate, and the location was just a couple hours from home.

After a month or so, I realized I was doing a lot less work than I ever did in the military. The job was everything I dreamed of, but surprisingly, I dreaded going to work every day.

Why, you ask? I found I missed the camaraderie. I missed the smell of jet fuel. I missed the Air Force song. I missed putting on the uniform. I missed being around people who come together when their backs are against the wall and make extraordinary things happen.

But most importantly, I missed being a part of something larger than myself. I missed being part of the world's greatest air and space force and prayed desperately for the opportunity to return.

As an improving economy enhances the job market and the war on terror gets tougher, you, like me, might find yourself contemplating the merits of life outside the Air Force.

When you do, remember this: You'll never be associated with a finer group of people, nor will you answer a more noble calling than the one to serve your country and protect our way of life.

The intense job satisfaction that comes from such an honorable pursuit is something I didn't truly appreciate until I stepped away from the military. Fortunately, the Air Force welcomed me back with open arms.

Just five months after separating, I returned to active duty with a renewed passion for my profession that the bigger paycheck, great location and fantastic benefits could never spark during my brief stint in corporate America.

For me, the grass is definitely greener on this side of the fence, and this is where I intend to stay for a very long time.

## News Briefs

### Cell phone law

Effective Thursday, a ban on using hand-held cell phones while driving will take effect. The law allows the use of wireless phones equipped for hands-free operation in moving vehicles, provided the placement of those hands-free phones does not interfere with the operation of federally required equipment on the vehicles, such as air bags.

Drivers may use a hand-held phone in a moving vehicle only if: (1) They have reason to fear for their lives or safety, or believe that a criminal act may be perpetrated against them or another person; or (2) To report a fire, traffic accident, serious road hazard or medical or hazardous materials emergency, or to report a person who is driving in a reckless, careless or otherwise unsafe manner or who appears to be under the influence of alcohol or drugs.

Enforcement of the law by State or local law enforcement officers is to be accomplished only as a secondary action when the driver has been pulled over for a traffic violation or another offense. The penalties for violating the provision may range from \$100 to \$250. No motor vehicle points or automobile insurance eligibility points would be assessed for a violation of this law.

### Will Blitz Day

The legal office is holding a Will Blitz Day for deploying members to receive wills and power of attorneys on a walk-in basis on July 14 from 9 a.m. to 2 p.m. The will worksheet is available on McGuire's intranet homepage at <https://intrainfo.mcguires.af.mil/> under Legal/JA.

### Phone cards

Service members stationed anywhere in the world can now call home anytime with donated minutes as a result of a new Department of Defense decision, that allows the Army and Air Force Exchange Service to sell military exchange prepaid phone cards to anyone wishing to donate them to deployed troops.

A five hundred and fifty-unit military exchange prepaid phone card is available to anyone that wishes to make a donation to an individual service member at [www.aafes.com](http://www.aafes.com) or by calling 800-527-2345.

# McGuire encouraged to vote

By 2nd Lt. Sandra Seidel  
305th Air Mobility Wing Public Affairs

Consider this: In 1890, by a one-vote margin, Idaho became a state. In 1994, the U.S. House of Representatives enacted a law banning specific classes of assault weapons by a one-vote margin.

Voting is important; that's why McGuire Unit Voting Assistance Counselors play a key role in assisting Team McGuire submit their votes during this election year.

The Secretary of Defense has directed commanders at all levels to support the Federal Voting Assistance Program to ensure maximum participation by Air Force personnel and their dependents, in exercising their right to vote.

"I think voting is extremely important for military members," Col. JJ Jackson, 305th Air Mobility Wing commander said. "We have the power to shape this nation and how we do business. Without a doubt I'll submit my ballot this November."

"The FVAP is basically an avenue to highlight voting issues and help individuals get access to one of our American rights," said Maj. Elizabeth Iijima, installation voting assistance officer. "It helps all military personnel

and their family members stationed both overseas and within the United States to register and vote."

According to Major Iijima, everyone should take a personal responsibility to vote since it determines our nation's leadership.

"We've seen in past elections how voting makes a difference, but even if the person you voted for didn't win, at least you had a chance to voice your opinion," she said. It's nice to know you have a choice."

The goal in the Air Force Voting Plan 2004-05 is to contact 100 percent of voting-aged Air Force personnel and family members.

"While we can't force anyone to vote, the 100 percent contact goal is a perfect way to create awareness and encourage people to vote in the upcoming elections," she said.

"We're also meeting the need right now for those who are deployed," she added.

Each unit/organization has designated at least one UVAC for every 100 members in each unit. The UVACs will offer assistance in voting registration and requesting absentee ballots. They will brief during squadron commanders' calls and make one, final push to create awareness during September. This will ensure airmen and their

dependents' voting needs are met, she explained.

Maj. Iijima said she believes one of the most common reasons people don't vote is because they just don't know how to do it.

"Voting is really easy and it only

See **VOTING** on page 7

### 2004 State Primaries

#### July

Georgia	July 20
Oklahoma	July 27

#### August

Kansas	August 3
Michigan	August 3
Missouri	August 3
Tennessee	August 5
Colorado	August 10
Connecticut	August 10
Wyoming	August 17
Alaska	August 24

Go to [www.fvap.gov](http://www.fvap.gov) for complete listing of additional Primaries

## Program offers NCOs inside scoop

By Airman 1st Class Dilia DeGrego  
Staff Writer

The NCO Academy Airmen's Panel was held at 1 p.m. Tuesday at the McGuire NCO Academy to give future senior NCOs the inside scope of what McGuire Airmen are thinking.

The airmen's panel is a regular part of the NCO Academy curriculum to help future senior NCOs with mentoring Airmen.

Airmen attending Airman Leadership School partake in the panel if their schedule permits; otherwise the academy solicits airmen from the many organizations on base to participate.

The panel provided an exchange of information and forum for 16 base Airmen and 117 NCOs, from Class 04-5, attending the academy, to discuss issues in fulfilling their respective roles in mentorship and leadership.

"Divided into pairs, the panel allows the Airmen to share their views and expectations of the Air Force with a flight of 12 to 15 technical sergeants," said Tech. Sergeant Patrick Vitullo. "Also, the NCOs can then share their experiences and knowledge with the Airmen."

The sergeants were given the opportunity to ask the

Airmen what they would like to see changed in the Air Force to improve their way of life.

"We want to hear what the Airmen have to say, what they are thinking," agreed NCO Academy Flight seven, "or what they would like to see happen to make the Air Force better."

The Airmen sat among the flight and discussed topics such as; why it would be a good thing to reenlist and what they can do to grow as Airmen.

"The forum gave me a chance to voice my opinion. I really appreciated that the flight was really listening and paying close attention," said Airman 1st Class Zuri Saaga 621st Air Mobility Operations Squadron.

Not only did the flight listen, said Airman Saaga, the NCOs also gave him their inputs on how he could make a positive impact in his work center and also offered feedback and advice on how to deal with certain situations he had questions about in his work center.

"I volunteered for the forum and I am glad I had the chance to participate," according to Airman Saaga. "It was a great experience. I recommend it to anyone who has the opportunity to attend the airmen's panel to do it."

For more information on the airmen's panel contact the McGuire NCO Academy.





# USAF Art Program pays visit to McGuire

**By Airman 1st Class  
Rachel Martinez  
Staff Writer**

Members of the Society of Illustrators in New York were given the opportunity to capture Air Force images here.

In a visit June 10 to 12, four members of the Society of Illustrators focused on capturing images of the Air Mobility Warfare Center and Eagle Flag. In a second visit June 17 to 19, Sandy Kossin, Frank Lacano and Jeff Fisher focused on capturing McGuire images as part of a U.S. Air Force Art Program visit.

The Air Force Art Program began shortly after the Army Air Corps turned into the Air Force. In 1952, the Air Force sponsored 30 artists from the Society of Illustrators and formally invited them to join the USAF Art Program. A routine was established where members of the Society were sent on officially sponsored trips to Air Force installations worldwide.

"The program is voluntary," said Mr. Kossin. "We get paid in the excitement of the Air Force activities. It is an experience that you aren't going to get anywhere else."

There haven't been a lot of opportunities for the artists to travel worldwide lately because of the current operations and funding, according to Capt. Shanon Anderson, USAF Art Program project office. Col. Scott Chesnut, former 305th Operations Group commander, and Keith Ferris, former chairman of the USAF Art Program, came up with the idea for the artists to visit McGuire. Because of its proximity to New York, the Air Force could afford to send artists to McGuire to continue to capture Air

Force images. Captain Anderson and John Witt, current USAF Art Program chairman, made it happen.

During their three-day visit, the three members of the Society were given a tour of the base. Their itinerary included visits to the air traffic control tower, Base Exchange, Air Mobility Warfare Center, military working dogs, "Big Beige," Falcon airfield and an orientation refueling flight.

"We saw two planes refueling," said Mr. Lacano. "To see two aircraft 26 feet apart was one of the most exciting things to see."

This was Mr. Fisher's second trip with the USAF Art Program. His first was to McGuire three weeks ago for a day trip.

"My two trips to McGuire have been very memorable," said Mr. Fisher. "The refueling flight was thrilling to say the least. We shot up to Maine and bounced back to New Jersey like cake. We were able to report things that everyday citizens don't normally see."

Mr. Kossin and Mr. Lacano have been participating in the USAF Art Program for more than 37 years. Mr. Kossin visited McGuire 15 years ago in another USAF Art Program visit.

"It has really changed in 15 years," he said. "Everything we look at now has potential to be a great painting."

The artists do not normally paint during the trip. The artists typically take photographs and sketch images on the trip to take home. After the trip, they go back to their studio and produce a painting based on their photos and sketches.

"I average two paintings per trip," said Mr. Lacano. "On an extended trip, they typically like you to do more than one painting."

As payment for the sponsored



Photos by Airman 1st Class Rachel Martinez  
**Jeff Fisher, Society of Illustrators, makes a quick sketch during his visit here June 18. Mr. Fisher was one of seven artists to visit McGuire in a two week time span.**

trips, the artists are encouraged to make at least one piece of artwork per visit, according to Captain Anderson. Their artwork is first shown in a Society of Illustrators show in New York. If the work is deemed worthy, the artwork will be presented to the Air Force at a bi-annual black tie dinner with the Secretary of the Air Force in October. If the artwork is accepted into the USAF Art Program, it goes to the Pentagon, Air Force museums or installations worldwide.

"Hopefully we will get some of the artwork from this visit back here," said Captain Anderson. "It would be nice to hang it in the wing headquarters."

The two visits were a success, according to Captain Anderson. The artists enjoyed themselves and McGuire.

"We are constantly asked by friends and family why we do all of this art and not get paid," said Mr. Lacano. "We do it for the once-in-a-lifetime experiences."



**Sandy Kossin, Society of Illustrators, photographs two members of the military working dog team and one of their dogs. Mr. Kossin will produce a work of art based on the photographs taken during the USAF Art Program visit here June 17 to 19.**

## News Briefs

### Change of commands

● Lt. Col. Ray Roessler will relinquish command of the 305th Maintenance Squadron to Maj. Kevin Howard 11 a.m. today in Building 3210.

● Lt. Col. Cassandra Salvatore will relinquish command of the 305th Medical Operations Squadron to Lt. Col. Tamara Matter 3 p.m. today in the officers' club. For details, contact Capt. Jose Jardin III at 754-9601.

● Lt. Col. James Meersman will relinquish command of the 305th Aerial Port Squadron to Maj. Deborah Jacobs 10 a.m. Tuesday at the passenger terminal, Building 1706. For details, call 2nd Lt. Benjamin Saunders at 754-4897.

● Lt. Col. Richard Vroegindewey will relinquish command of the 605th Aircraft Maintenance Squadron to Maj. Charles Hill 11 a.m. Wednesday in Building 3210.

● Maj. Deborah Jacobs will relinquish command of the 305th Logistics Readiness Squadron to Maj. John LaPore 2 p.m. Monday in Building 3101, D-Bay. For details, call Maj. Elizabeth Iijima at 754-3763 or Chief Master Sgt. Donnie Harris at 754-5744.

### MISA visit

The Military Impacted Schools Association will be here Monday. MISA serves the educational needs of military families everywhere. They partner with all branches of the service to guarantee a continuum of quality education for military children wherever their parents may be assigned.

### Farewell

The men and women of the Mission Support Group are holding a farewell barbecue for Col. Dave Howe and his family 11:30 a.m. July 6 at the Officers' Club. Dress is uniform of the day for military and casual for civilians. Cost is \$12.75 for club members and \$13.75 for non-members. RSVP by Wednesday to 754-2896. Attendees wishing to make a presentation should include that information in their RSVP.

# New utility uniform feedback survey, PT gear coming

By Master Sgt. Scott Elliott  
Air Force Print News

WASHINGTON — The Air Force's first physical training uniform will hit the street later this year, and a Web site for Airmen to provide feedback on the proposed utility uniform will be online July 1.

Feedback on the proposed utility uniform has been excellent so far, but an Internet survey will give all Airmen a chance to voice their opinion, said Senior Master Sgt. Jacqueline Dean of the Air Force Uniform Board.

Sergeant Dean said people who have worn or actually seen the uniform have given high marks for its permanent press feature and how well it

fits. The uniform's color scheme, initially met with skepticism, is more accepted now.

"Color continues to be a big concern of Airmen," she said.

Sergeant Dean said Air Force military clothing sales stores will begin displaying the utility uniforms in July, around the same date the new Internet survey goes online.

"We're encouraging people to not give us their feedback until they've had the opportunity to see the uniform," Sergeant Dean said. "Go ahead and look at the pictures, but don't answer the survey until (you've) seen the uniform up close."

"If I could (preserve) one statement, it's 'Oh, it looks so much better in person,'" she said.

Besides color and style, Airmen will notice the new uniform features an eight-point hat, no squadron or major command patches and no-shine suede boots.

If approved, the utility uniform will likely have a five-year phase-in period, Sergeant Dean said. The new PT uniform, however, has already been approved by Air Force Chief of Staff Gen. John P. Jumper and will soon be in active service.

"We did a wear and fit test from January through March," Sergeant Dean said. "We took all the feedback, and we now have established military

specifications. They've gone out to manufacturers and should be in full production by the end of June."

The PT uniform ensemble consists of dark blue running shorts, a gray T-shirt and a dark blue running suit — all with reflective safety markings.

Sergeant Dean said the goal was to have enough PT uniforms by Oct. 1 to supply Airmen scheduled for immediate deployment. After that requirement is met, the uniforms will be available for purchase through Army and Air Force Exchange Service.

The PT uniform will have a two- to three-year phase-in period. Sergeant Dean said the running suit costs about \$100, and the shorts and shirt about \$25. Officials have not yet determined if Airmen will receive a lump sum allotment in October, an increase in their annual clothing allowance or a voucher to pay for the initial requirement.

Although personal preference is the rule for PT shoes, Sergeant Dean said they must be conservative in design and color. Saluting will not be required while wearing the PT uniform, and jewelry wear will be the same as with other uniforms, so long as safety is taken into consideration.

Only active-duty, Air National Guard and Air Force Reserve Airmen will be authorized to purchase the PT uniforms from AAFES until adequate supplies are available.



Photo by Brian Dyjak

Master Sgt. Randall Williams, Personnel Team Chief from Elmendorf Air Force Base Alaska, dons the new blue Battle Dress Uniforms for the Air Force during the Eagle Flag exercise at Lakehurst Naval Air Station June 15. Sergeant Williams has been testing out type 1 and type 2 blue BDUs in the field for the past five months. He is responsible for reporting back on how the uniform holds up during field exercises.

## VOTING *Continued from page 4*

takes a few minutes," she said. "Once the member contacts their UVAC they simply fill out a registration and absentee ballot request, called the Federal Post Card Application and send it to the appropriate office. This will allow you to request an absentee ballot for all elections in which you are eligible to vote."

Now officials are taking the voting process to cyberspace.

The FVAP, in conjunction with several states and counties, has begun conducting a large Internet registration and voting demonstration for the 2004 election called Secure Electronic Registration and Voting Experiment.

Specific counties in Arkansas, Florida, Hawaii, North Carolina, South Carolina, Utah and Washington are participating in SERVE.

"I think the internet program is wonderful. It makes things easier and it saves time," Maj. Iijima said.

Information about state, local and tribal representatives is on-line at [www.fvap.gov](http://www.fvap.gov) or [www.firstgov.org](http://www.firstgov.org).

"It's your future. VOTE for it!" -- Staff Sgt. Stephanie Csornok, Misawa Air Base, Japan, 2003 Voting Slogan contest winner.

The following is a list of 305th AMW group representatives who will be able to assist in finding Unit Voting Assisting Counselors:

**Maj Elizabeth Iijima**  
305th Mission Support Group  
**Maj Jenice Little**  
305th Medical Group  
**Maj James Wagner**  
305th Maintenance Group  
**Maj Thomas Luckritz**  
305th Operations Group



Photo by Brian Dyjak

**INFORMATION RELAY** — Master Sgt. Charles Sennett, 437th Air Mobility Wing, Charleston Air Force Base, S.C., relays information to Tech. Sgt. Patrick Brown, Air Mobility Warfare Center and observer controller, during Operation Eagle Flag that took place at Lakehurst Naval Air Station June 15. More than 65 McGuire members participated in part four of the week long exercise. Part five will be held July 19 to 29.



# Tech, master promotion list released

**RANDOLPH AIR FORCE BASE, Texas** — Air Force officials have selected 6,217 of 23,956 eligible technical sergeants for promotion to master sergeant, a 25.95-percent selection rate; and 9,114 of 42,248 eligible staff sergeants for promotion to technical sergeant, a 21.57-percent selection rate.

The following are McGuire's promotees to the rank of technical sergeant:

**Clinton Ackerley**, 305th Security Forces Squadron; **Randy Albert**, 621st Air Mobility Operations Squadron; **Daniel Anderson**, 305th Aerial Port Squadron; **Michael Babbitt**, 305th Maintenance Squadron; **Jason Bailey**, 821st Air Mobility Squadron; **James Banks**, 621st AMOS; **Michael Barber**, 305th Logistics Readiness Squadron; **Richard Baugnet**, 305th Maintenance Group; **Jacquelyn Bellamy**, 314th Recruiting Squadron; **Eugene Berry Jr.**, 305th Services Squadron; **Scott Bishop**, 305th Operation Support Squadron; **Timothy Blackburn**, 305th OSS; **Shawn Boyd**, 621st Air Mobility Squadron; **John Bray**, 305th Civil Engineer Squadron; **Jennifer Brown**, 305th MXG; **Jeffrey Burns**, 621st AMS; **Robert Busse**, 305th MXS; **Quinn Caballero**, 621st AMS; **David Calabrese**, 318th Recruiting Squadron; **Michael Cano**, 605th Aircraft Maintenance Squadron; **Sidney Cardy**, 305th MXG; **James Carey**, 421st Combat Training Squadron; **Valiant Carter**, 305th LRS; **Enrico Catubo**, 421st CTS; **Ty Clinton-Hahn**, 305th Aircraft Maintenance Squadron; **Ronald Combs**, 20th Aerospace Operations Squadron; **Jason Cook**, 421st CTS; **Jason Davidson**, 305th CES; **Stephen**

**DelGuercio**, 621st AMOS; **Joel Desjardin**, 305th MXS; **Bryan Dohlman**, 2nd Air Refueling Squadron; **Steven Domingue**, 305th AMXS; **Mark Duarte**, 314th RS; **Donnie Dunn**, 621st AMOS; **Lawrence Durrell**, 421st CTS; **Michael Edwards**, 318th RS; **John Ferrara**, 305th CES; **Sean Flower**, 305th AMXS; **Scott Foster**, 305th MXG; **William Gaskins**, 305th SFS; **Michael Gentry**, 605th AMXS; **James Ginn**, 721st Air Mobility Squadron; **Anthony Gladden**, 305th CES; **Richard Glockner**, 621st AMS; **Charles Glunt**, Air Mobility Warfare Center; **Donna Gordon**, 621st AMS; **Stacey Grabski**, 305th Medical Support Squadron; **Sean Graves**, 421st TRS; **Ian Green**, 621st AMOS; **Philip Griffin**, AMWC; **Richard Grimes**, 2nd ARS; **Ryan Guerrette**, 305th MXS; **James Harris Jr.**, 373rd Training Squadron; **David Hasson**, 305th Aerospace Medicine Squadron; **Delvin Hawkins**, 621st AMS; **Michael Hicks**, 305th AMXS; **Scott Hirschenberger**, 305th APS; **Ryan Holmes**, 305th APS; **Arthur Hunnel**, 32nd Air Refueling Squadron; **Paul Ingersoll**, 821st AMS; **Kevin Jackson**, 305th LRS; **Vernon Jacobsen**, 305th APS; **Thomas Jenkins**, 305th CES; **Gregory Johnson**, 305th MXS; **Terrance Johnson**, 821st AMS; **Everett Justice**, 318th RS; **Brandy Kaminsky**, AMWC; **Aaron Kavanagh**, 318th RS; **Rafick Khan**, 305th APS; **Michael Kretser**, 305th Maintenance Operations Squadron; **Brian Laszlo**, 6th Airlift Squadron; **Jacquelin Lavallee**, 305th MOS; **Timothy Leddick**, 305th MXS; **Christopher Leone**, 621st AMOS; **Jonathan Lewis**, 318th RS; **Larry Lewis**, 305th

AMXS; **Heather Lisenbee**, 305th MDSS; **Jennifer LoCasto**, 6th AS; **Jeremiah Love**, 32nd ARS; **LaShawndra Maloney**, 305th LRS; **Matthew Mattfeld**, 305th SFS; **Charles McManus**, 2nd ARS; **John Meeker**, 305th MXS; **David Megill Jr.**, 2nd ARS; **Wayne Melanson Jr.**, 305th MXG; **Kenneth Mindel**, 605th AMXS; **Charmell Mitchell**, 305th APS; **Michael Moody**, 305th MXS; **Brian Moore**, 318th RS; **William Muir**, 305th OSS; **Jamie Newman**, 421st CTS; **Gregory Nicodemus**, 605th AMXS; **Chad Ohr**, 305th LRS; **Richard Oliver**, 421st CTS; **Scott O'Neil**, 2nd ARS; **Daniel Ostrom**, 305th Communications Squadron; **Jason Otto**, 305th SFS; **Jesse Pate Jr.**, 621st AMS; **Marvin Pearson**, 32nd ARS; **Duane Peterson**, 305th AMXS; **Michael Plugge**, 421st TRS; **Travis Pope**, 305th Medical Operations Squadron; **Jason Prosser**, 32nd ARS; **Joseph Reardon**, 305th MXS; **John Rehak**, 305th CES; **Jeffrey Rivera**, 305th LRS; **James Robinson**, 305th Contracting Squadron; **Anibal Rodriguez**, 305th CES; **Javier Saez**, 305th AMXS; **Aston Samms**, 305th AMXS; **Erik Sanguinito**, 305th CES; **Thomas Schaefer**, 20th ASOS; **Samuel Schmitz**, 421st CTS; **Jennifer Seidl**, 314th RS; **Jonathon Semple**, 305th MXS; **Dennis Simms**, 305th APS; **Pamela Slack**, 305th APS; **Bradley Smith**, 605th AMXS; **Kent Stearns**, 305th CS; **Jason Stom**, 621st AMOS; **Michael Swetmon**, 20th ASOS; **Kelly Tabor**, 421st CTS; **Timothy Tafe**, 305th AMXS; **Anthony Tarallo**, 305th LRS; **Lori Tascione**, 821st AMS; **Hajji Tayag**, 621st AMOS;

See PROMOTIONS, Page 10

## In the... Spotlight

**Rank/Name**  
Senior Airman  
Anthony McClellan

**Age:** 22

**Hometown:** Knox, Ind.

**Family:** Two brothers and two sisters

**Duty Title/ Unit:**  
605th Aircraft Maintenance Squadron  
KC-10 crew chief/  
flight training monitor



**Senior Airman  
Anthony McClellan**

**Time In Service:** Four years and 10 months in the Air Force, four years and seven months at McGuire

**What I Like Most About Being At McGuire:** The friends that I've made, centralized location and Atlantic City

**Military Member Who Influenced Me The Most:** Master Sgt. Billy Jett (retired); there was nothing he didn't know, he went the extra distance as a supervisor and backed up his troops no matter what.

**Proudest Military Moment:** Thus far, graduating from basic training

**Five Years From Now:** Working in comm, and almost finished with my bachelor's in computer networking.

**Dream Job:** To own my own successful company

**Like To Pig Out On:** Chicken and dumplings, spaghetti and pot roast

**Favorite Movie:** Dazed and Confused

**Hobbies:** Hanging out with friends, watching movies, working on automobiles and snowboarding

**Motto:** Keep on livin! L-i-v-i-n

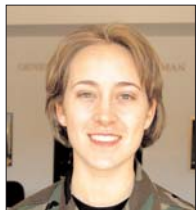
**Warrior Because:** Anthony is one of the hardest working troops I've come across. He is always looking for ways to improve unit processes and consistently willing to help others.

— **Master Sgt. James Harrison**  
605th Aircraft Maintenance Squadron

## Team McGuire on the street What is your favorite summer time food? Why?



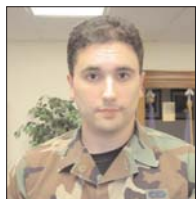
**Airman 1st Class Zuri Saaga**, 621st Air Mobility Operations Squadron  
What is your favorite summer time food? "A banana-split sundae."  
Why? "The summer tends to get hot and it helps you cool down."



**1st Lt. Tatum Dotson**, Air Mobility Warfare Center  
What is your favorite summer time food? "Fresh guacamole,"  
Why? "It reminds me of my hometown in Arizona."



**Tech. Sgt. Russell Bowdry**, 305th Medical Operations Squadron  
What is your favorite summer time food? "BBQ chicken."  
Why? "When you're from the South it's all about the summer time cook outs."



**Senior Airman Steven Lubrano**, 621st Air Mobility Operations Squadron  
What is your favorite summer time food? "Steak."  
Why? "Nothing says summer time like grilling some steaks."

## Can Do Crew

The Can Do Crew would like to recognize **Pearlie "Ice" Lewis**, the decorations expert at the Mission Support Squadron. Mr. Lewis has been noticed on numerous occasions going above and beyond, giving "on the spot" decoration processing services to ensure that Team McGuire members receive their decorations prior to PCS, retirement or separation. Be aware that the "Can Do Crew" is everywhere, looking for outstanding service. They covertly seek members of Team McGuire who make a difference, identifying and recognizing only the best! Remember, the strongest asset of Team McGuire is its people, you are what makes McGuire a better place to Live, Work and Play!

## Continued from Page 9

Santos, 305th APS; **Caroline Savage**, 721st AMS; **Anthony Schuck**, 318th RS; **Kevin Selleny**, NCOA; **Holly Shoemsmith**, 305th AMW; **Stephen Showers**, 305th MSS; **Christopher Sidoli**, 305th OSS; **Zena Simpson**, AMWC; **Anne Smerekanicz**, 621st AMS; **Tami Smiley**, 305th MDOS; **Barry Smith**, 605th AMXS; **Chad Smith**, 305th AMW; **Jerry Smith**, 305th LRS; **Mark Spivak**, 314th RS; **Mary Streit**, 305th CES; **Michael Taylor**, 305th MOS; **Damon Thomas**, 821st AMS; **Laura Thompson**, 305th MDOS; **Jeffrey Tichinel**, 305th LRS; **Robert Todd**, 305th AMW; **Michael Tunstall**, 305th CES; **Robert Turnbo**, 305th OSS; **Orlando Urena**, 721st AMS; **Gyorgy Vasvaritoke**, 305th MXS; **David Walker**, 305th MXG; **Bradley Warren**, 305th CES; **Mark Weaver**, 305th LRS; **Michael Whipple**, 305th MXS; **Anthony Whiting**, 305th CES; **Shawn Williams**, 305th OSS; **Stuart Williams**, 821st AMS; **Robert Williard**, 305th MXS; **Richard Woods**, 605th AMXS; **Brian Woyce**, 305th MOS; **Ralph Zarker**, 305th SFS; **Garry Zimpelmann**, 305th MDOS and **Brett Zwick**, 32nd ARS.

**Save a life,  
don't drink  
and drive**



# Boom operator trades flightsuit for Mets uniform

By Airman 1st Class Ashley Casas  
Staff Writer

One McGuire airman traded in his flightsuit for a Mets uniform Tuesday and became an honorary Met for a day.

Senior Airman Chardo Richardson, 32nd Air Refueling Squadron, shadowed New York Mets left-handed pitcher Al Leiter in the second part of a 'job swap' organized by the Air Force, Major League Baseball and the Mets.

Al Leiter, number 22, is in his seventh season with the Mets and the only pitcher in MLB history to beat all 30 MLB teams.

During his visit to the Mets' Shea Stadium, Airman Richardson participated in batting practice, played catch with players and received a full Mets uniform, complete with his name on the back.

"The first thing Al had me do when I went into the locker room was take off my white shoes," Airman Richardson said laughing. "He said I didn't want to be known as Chardo 'white shoes' Richardson."

After suiting up and receiving a brand new pair of number 22 black cleats, Airman Richardson did a few stretches with the team and then went right into batting practice.

"I was so nervous," said Airman Richardson. "I had been to the batting cages a few times, but I wanted to represent my fellow Airmen well."

With a small cheering crowd of fellow boom operators and KC-10 crew chiefs behind him and Mr. Leiter telling him what not to do, Airman Richardson was able to put the bat on the ball a few times.

"After watching him bat I don't know if he's ready for the Major Leagues," the Mets pitcher said jokingly. "But I hear they are

looking for an area scout down in Mississippi."

Airman Richardson willingly accepted the razzing from his new friends and teammates; he also started to get a better understanding of what it is like to play a professional sport.

"I got tired so fast while I was batting," said Airman Richardson. "Just getting the bat off my shoulder was tiring, and I am a pretty athletic guy."

"I can't believe they do this everyday. It looks so easy on the television, but now I understand that it's much harder than it looks," he said.

"It may seem tiring, but just like Chardo said about operating the boom, it just becomes part of the job," said Mr. Leiter.

When asked who has the cooler job both Airman Richardson and Mr. Leiter chimed in to say "he does!"

"It's all relative on your life," said Mr.

Leiter. "My day at McGuire as an Airman is a day I will never forget. It's like nothing else I had ever done."

Airman Richardson has similar feelings about his day as a Met.

"I definitely got the better end of the deal," he said. "I would never get opportunities like this if I wasn't in the Air Force, so I am thankful for everything I get to do."

During the first part of the job swap in May, Mr. Leiter was a KC-10 Extender boom operator for the day. He shadowed Airman Richardson in the boom pod while they both helped in the refueling of six F-15s out of Seymour Johnson Air Force Base, S.C. The day was filmed by Major League Baseball Productions and aired June 19 as a short feature in FOX's "This Week in Baseball."

"The show turned out great," said Airman Richardson. "It captured the emotion and excitement of the day, and our mission all in a two-minute segment."

Video footage from Tuesday will be a part of a remembering 9-11 "This Week in

Baseball" to be aired around September 11 this year.

"The whole experience seems surreal," said Airman Richardson.

As surreal as it may seem to him, Airman Richardson's friends and co-workers did not seem surprised he was chosen to be a part of this exciting event.

"I am not surprised at all," said Capt. Aaron Tallman, 2nd Air Refueling Squadron KC-10 pilot. "He's an outstanding Airman and individual."

Captain Tallman, 1st Lt. Brian Johnson, Tech. Sgt. Richard Clifford and Tech. Sgt. Stu Decou, all 2nd Air Refueling Squadron members and original crew of Mr. Leiter's incentive flight, were at the stadium to cheer Airman Richardson on during his time as a Met.

"The whole experience has been exciting for us as well," said Lieutenant Johnson. "I am just glad that I got to be a part of it."

It was definitely a once-in-a-lifetime experience for everyone involved, Airman Richardson said. "What can I say, I am a 'pro' for a day!"



Photos by Kenn Mann

Senior Airman Chardo Richardson, a boom operator with the 32nd Air Refueling Squadron, hits a ball in batting practice with the New York Mets. Richardson was at Shea Stadium, N.Y., Tuesday for the second part of a job swap with Al Leiter. During the first part of the job swap in May, Mr. Leiter shadowed Airman Richardson as a KC-10 Extender boom operator. The day was filmed by Major League Baseball Productions and aired June 19 as a short feature in FOX's "This Week in Baseball."



Above: Airman Richardson signs autographs for New York Mets baseball fans. The field opens to the public for batting practice before every game, giving fans the opportunity to see their favorite players and get autographs. Airman Richardson tried to explain that he was not an official Met, but the fans wanted his autograph anyway.

Right: Capt. Aaron Tallman, 1st Lt. Brian Johnson, Tech. Sgt. Richard Clifford and Tech. Sgt. Stu Decou, all 2nd Air Refueling Squadron members, along with Staff Sgt. John Anderson, Air Force news, "coin check" New York Mets pitcher Al Leiter at Shea Stadium. The crewmembers flew an air refueling mission with Leiter when he was a boom operator for a day and gave him a coin with an explanation of the tradition behind it.



Airman Richardson and Mets left-handed pitcher Al Leiter are interviewed by media before a game with the Cincinnati Reds. Airman Richardson got the full star treatment during his day as a professional baseball player.



Al Leiter gives a pair of cleats to Airman Richardson because he felt the white shoes he had on were completely "unacceptable" to wear in uniform. "The guys would have given him such a hard time if he walked out of the locker room with white shoes on," said Mr. Leiter. "You just have to have black shoes."

# Mentorship program teaches Airmen 'the ropes'

By Airman 1st Class Dilia DeGrego  
Staff Writer

January is national mentoring month, and although it has come and gone, it is never too late to become a mentor.

That's why the Airman Activity Committee is launching the McGuire Airman Mentorship Program.

This one year program will be used to establish first line communication between base Airmen E-1 to E-4 and higher ranking personnel; to include NCOs, Senior NCOs and officers.

The program will be used to enhance morale, educate and foster camaraderie between all ranks.

"Mentors will help Airmen with things such as military educational benefits, financial budgeting and all Air Force standards," said Senior Airman Jasmine Barnes, AAC historian. "This program will allow base Airmen to formulate a one-on-one learning opportunity from more experienced military members."

This program will also serve as a way for Airmen to learn and participate in local/community events, she added.

"Our goal is to increase volunteer activity and participation as well as to decrease the Air Force suicide rates and DUI's among the junior enlisted ranks."

MAMP is open to all McGuire ranks interested in mentoring junior Airmen. Interested individuals must complete a mentor application and a brief screening process before becoming a mentor.

For potential proteges, participation is open to all McGuire E-1 to E-4.

Once paired, the mentors must complete a minimum consultation time with their respective mentees twice a month for a twelve month period.

"During one of the monthly consultation sessions the participants should take part in a military related activity, while the other is open to the discretion of the pair," said Airman Barnes. "This is to include one volunteer activity every two months."

Higher ranking individuals will be able to use this pro-

gram as a way to pass on important information that may not only help the Airmen in their daily lives, but the Air Force as a whole," she said.

"Program participants are given the opportunity to help the community and themselves all in one program."

MAMP participants are only allowed to participate in Department of Defense, families nondiscriminatory recreational and volunteer activities.

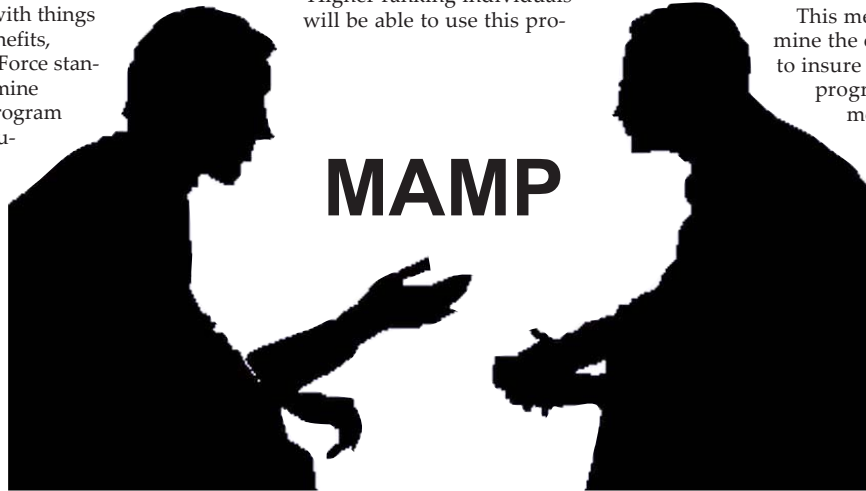
All mentors will be given a list of topics to cover throughout their one year commitment with their mentee.

The completion of these tasks will be reviewed at the end of the one year session, accomplished during an annual review meeting with the AAC historian.

This meeting will be arranged to determine the effectiveness of the program and to insure all fundamental sections of the program have been covered. This meeting will also include a survey for both Airman and mentor.

"We hope this program will not only enhance the morale of the Airman community," Airman Barnes said. "But as today's Airmen are tomorrow's leaders we need to ensure they are ready to preserve the unmarred fundamentals of the United States Air Force."

Those interested in getting involved in the MAMP can contact the AAC historian for more information.



Winner: "I don't need to see over the dashboard, I'm on autopilot."

— Donovan Gardner  
305th Air Mobility Wing

Runner-up: "Sorry sir, I'm gonna need a 341 for flying underage."

— Airman Jonathan Britton  
305th Comptroller Squadron

## WHAT'S MY LINE?

### The rules

1. Write a humorous or imaginative caption or outline.
2. All entries must be submitted by noon Monday. Forward e-mail to [airtides@mcguire.af.mil](mailto:airtides@mcguire.af.mil) or drop off entries at the 305th Air Mobility Wing public affairs office, Building 2901, Room 222.
3. Entries are limited to two per person.
4. The person with the funniest or most imaginative caption or outline has the choice between a 305th Services Squadron Gold Card, which includes a variety of freebies, such as a lunch at Pudgy's and a free round of golf, or a \$10 phone card courtesy of the Burlington County Military Affairs Committee.
5. Each winner can pick up his or her prize in Room 222 of Building 2901. For more information on the contest, call Airman 1st Class Rachel Martinez at 754-8619.



Write a caption or outline for this photo. The writer whose caption or outline is the funniest or most imaginative will be printed in the following week's issue. The winner receives a 305th Services Squadron Gold Card.



# AFSA celebrates members, Airmen's Firehouse celebrates anniversary

By 2nd Lt. Sandra Seidel  
305th Air Mobility Wing Public Affairs

The Air Force Sergeants Association will hold its annual picnic 3 to 7 p.m. Saturday at the Airmen's Firehouse. This combined event will celebrate AFSA members and the Airmen's Firehouse one year anniversary.

Each year the AFSA holds an annual summer picnic to celebrate its members for working hard all year trying to make a difference for the Air Force.

"The picnic is a great time to build camaraderie and congratulate each other for a job well done," said Master Sgt. Karen Coffey, AFSA plans and programs trustee.



Courtesy photo

The Airmen's Firehouse will celebrate its one year anniversary Saturday, during the Air Force Sergeants Association annual picnic.

AFSA is the Air Force organization dedicated to speak out on behalf of enlisted personnel and their families on Capitol Hill. Each year when Congress makes hundreds of decisions on important issues such as salaries or medical care, AFSA is there as the voice of the enlisted.

The organization decided to combine its celebration with the celebration of the Airmen's Firehouse simply to show support.

"We thought about combining our picnic with the Airmen's Firehouse because it has also had a great year," said Master Sgt. Lola Lorusso, AFSA Garden State Chapter 211, president.

"It's a great place for airmen to go and relax during off-duty time especially if they don't have a car," said Sergeant Coffey.

Over the past year, the Airmen's Firehouse has held numerous events and social gatherings for airmen such as guitar lessons, table tennis championships, and movie night just to name a few.

AFSA will provide food and beverages for the picnic. Later that evening the Airmen's Activity Council hosts an evening function with a DJ, dance, contest and prizes, said Sergeant Coffey.

All AFSA members and their families and E-1 through E-4s are invited to attend.

For more information on AFSA visit [www.afsahq.org](http://www.afsahq.org) or [www.geocities.com/chapter211](http://www.geocities.com/chapter211)



## Ask the SJA Homosexuality policy

**Q:** I heard on the local news Governor James McGreevey approved a law recognizing same-sex couples. I'm just curious — will McGuire AFB feel the impact of this New Jersey law? What if a military member is a legal resident of New Jersey?

**A:** You are referring to the "Domestic Partnership Law" which Governor McGreevey approved on January 12, 2004, and which goes into effect July 10, 2004. The law gives formal recognition to couples not of the same sex at least 62 years of age as well as same-sex couples at least 18 years of age. The law offers certain personal and financial rights that opposite-sex married couples currently enjoy, but stops short of recognizing a right of same-sex couples to marry, as it does not extend rights considered central to marriage.

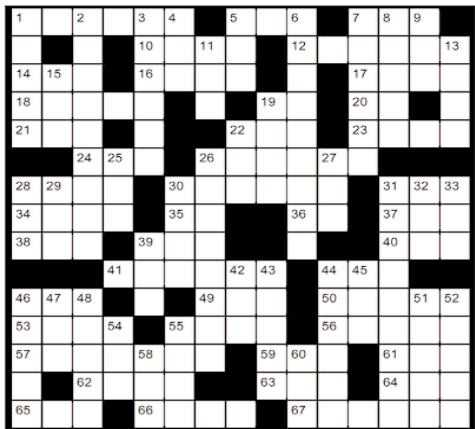
This law will not govern the military. The United States Air Force, its installations and military members, are subject to federal laws and statutory provisions. Federal statutes limit the state's power by superceding conflicting state laws. This is called the concept of "federal preemption," providing for exclusivity of federal law in an area, such as military affairs. The USAF homosexual policy, codified as law by Congress (10 U.S.C section 654) and implemented through the Department of Defense, is still applicable to USAF service members and will continue to be in full force and effect.

This policy allows a person with a homosexual orientation to serve in the military so long as that person does not engage in homosexual acts. Sexual orientation itself is not a bar to service unless manifested by homosexual conduct, or an intent to engage in homosexual conduct, defined as: homosexual acts, homosexual statements (verbal or non-verbal), and marriage or attempted marriage to another of the same sex.

To answer the last part of your question, the fact that a military member is stationed here at McGuire AFB or might be a legal resident of New Jersey does not make a difference - the homosexual policy still stands. "Legal residence" or "domicile" refers to the place where a military member intends to return to and live after discharge, separation or retirement and which they consider their permanent home. Whatever the intentions of the military member beyond their years of service may be in terms of their personal relationships, it is critical that they understand they could be subject to discipline, involuntary separation, or even courts-martial for transgressing the policy.

Send questions to 305 AMW/JA, 2901 Falcon Lane, McGuire AFB NJ 08641; or [305amwoja@mcguire.af.mil](mailto:305amwoja@mcguire.af.mil). All information provided in this section is general in nature and provided for military members' educational purposes only. For specific legal advice concerning your particular situation, you should contact your local legal assistance attorney or an attorney licensed to practice in your state.

## Remembering the "Forgotten War"



By 1st. Lt Tony Wickman

### ACROSS

1. Reservoir, site of fierce Korean War battle
5. Uncle \_\_\_\_; icon for 36
7. TV channel
10. Singer Jones
12. Skillful
14. Scamp
16. Team of mechanics or technicians
17. Render \_\_\_\_ Caesar
18. DPRK; \_\_\_\_ Korea
19. Tail markings for 149th FW aircraft
20. One's self

### DOWN

21. Honest person
22. Mongrel
23. Snakes
24. Male offspring
26. Imbecile
28. Singer Diana
30. Beat
31. Cooking spray
34. Mining goals
35. State home to 939th RQW
36. America, for short
37. Mil. overseas address
38. Singer Rock
39. Chinese communist leader Tse-tung
40. Formerly

41. USAF member
44. Tight spot
46. Observe
49. Actress Lupino
50. Spew
53. Tuscany river
55. Plant part
56. Peninsula linking SW Asia with NE Africa
57. Spots of a darker color
59. Tolkien character
61. Muppets creator Henson
62. Brief recording to show artist's abilities
63. Female deer
64. Rio de \_\_\_\_, southern part of Western Sahara
65. Greek goddess of the dawn
66. Ambition
67. Earthquake
13. Throw
15. Horde
19. Used in cooking and for making tallow
22. Sob
25. CIA precursor
26. Operation for 6 DOWN's landing at 3 DOWN
27. Instant computer messages, in short
28. South Korea, informally
29. USAF inspection
30. Bellow
31. Site of Korean War armistice signing
32. Mock
33. A Stooze
39. "Alley" in Korean War air battles
42. Spring drink
43. Nominated
44. Comedian
45. Former White House spokesman Fleischer
46. USAF frontline jet fighter in Korean War
47. Mistake
48. Writers Blyton and Bagnold
51. Declaration on post-WWII Korea
52. Island of southeast Indonesia
54. Single
55. North American plum tree
58. Established at 38th Parallel
60. No

# Around The McGuire Area



## Friday

Hugh Jackman and Will Kemp star in **"Van Helsing."** Van Helsing, the legendary vampire hunter, is on an ongoing battle to rid the world of vampires and other ghoulies. He travels to Transylvania to bring down the powerful Count Dracula and joins forces with Anna Valerious to rid her family of an old curse by defeating the vampire. Show time is 7:30 p.m. *Rated PG-13*

## Saturday

Lindsay Lohan and Tina Fey star in **"Mean Girls."** Raised in the African bush country, Cady thinks she knows about "survival of the fittest." But the law of the jungle takes on a whole new meaning when the home-schooled 15-year-old enters public high school for the first time and falls prey to the psychological warfare and unwritten social rules that teenage girls face today. Show time is 7:30 p.m. *Rated PG-13*

## July 2

**"Troy"** *Rated R*

## July 3

**"Godsend"** *Rated PG-13*



## CAREER & EDUCATION

### BCC classes

The Burlington County College Summer Two term begins July 6. Registration ends Monday. Courses offered are:

- BIO -- 122 Human Ecology,
- SOC 101 -- Principles of Sociology,
- SPE 102 -- Public Speaking,
- CIS 101 -- Introduction to Computers,
- HIS 103 -- Ancient and Medieval Foundation and



Photo by Airman 1st Class Dilia DeGrego

**ATWIND TICKET DAY** — Staff Sgt. Marlon Figgins, 305th Logistic Readiness Squadron, receives an "Around the World in Ninety Days" game piece from the Child Development Center Wednesday while picking up his children: Janessa, age 3, and Sean, age 7. Eligible participants earn one ATWIND game piece each time they use a family support center service or attend a program seminar during the contest period. Visit the FSC or [public.mcguire.af.mil/fsc](http://public.mcguire.af.mil/fsc) to learn more about upcoming calendar events and personalized services designed to benefit members and their families.

• **MUS 101** -- Introduction to Music. All of these classes meet the general education requirements for Community College of the Air Force. To register visit Building 1911, Room 209. For more information, call 754-2577.

**Embry-Riddle** The Embry-Riddle Aeronautical University office will be closed Monday to Thursday for training. Classes will continue as scheduled. For more details call Diana Haug, assistant center director, at 723-1337.

### Massachusetts ANG

Massachusetts Air National Guard is looking for new members. For more information visit [www.maainguard.org](http://www.maainguard.org) or call (800) 247-9151.

### NJ Air National Guard

The 108th Air Refueling Wing here has traditional guard vacancies in the following aircraft maintenance career fields: 2A5X3A, 2A5X3B, 2A5X1, 2A6X1, 2A6X2, 2A6X4, 2A6X5, 2A6X6, 2A7X1, 2A7X2 and

2A7X3. Besides preserving investment in a part-time military career, NJ ANG offers free college tuition and other generous benefits to guardsmen. Find out how to "fuel your future" by calling the maintenance career advisor, Master Sgt. Vincent Mazza, at 754-4112, or recruiters at (866) GO-NJANG. Members can also visit the website [www.108arw.ang.af.mil](http://www.108arw.ang.af.mil) for a full listing of traditional guard vacancies at the 108th ARW.

### Civil Air Patrol

Civil Air Patrol builds strong citizens for the future by providing leadership training, technical education, powered and non-powered flight orientation, scholarships and career education for young people between the ages of 12 and 18. For more information, contact 1st Lt. Katja Abegg at 265-0081 or [Ksabegg@aol.com](mailto:Ksabegg@aol.com).

## RETIREMENTS

• **Tech. Sgt. Jeffrey Leighton**, 305th Maintenance Squadron, will

retire Monday after 20 years and seven months of honorable service. The ceremony will be held at noon in Building 2253. For more information, call Master Sgt. Dave Warner at 754-2750.

• **Chief Master Sgt. Gary Giarratano**, USAF Mobility Operations School, will retire Thursday after 20 years of honorable service. The ceremony will be held at 10 a.m. in the officers club. For more information, contact Tech Sgt. Juan Guzman-Gonzalez at 754-7494.

• **Senior Master Sgt. Terry Bothel**, USAF Mobility Operations School, will retire July 9 after 23 years of service. The ceremony is at 2:30 p.m. in the enlisted club. For more information call Tech. Sgt. Luis Santiago at 754-7732.

## ARTS & CRAFTS

The Fort Dix Arts and Crafts Center offers a variety of classes. For more information on the fol-

lowing classes, call the arts and crafts center at 562-5691 or visit Building 6039.

• **Krafty birthday parties** are now offered. Parties include up to three hours of party room use, one craft project with instruction and all materials, plus a digitally mastered photo T-shirt for the birthday child.

• **The frame shop** offers both do-it-yourself framing and custom framing. The shop is stocked with a vast array of molding and mat board, plus state of the art equipment and a technical expert with more than 20 years of experience in the field to ensure results are exceptional. Posters are also available for purchase or by special order.

• **The contemporary ceramic studio** offers a large selection of bisque pieces to choose from to decorate and paint. All finished pieces are microwave, food and dishwasher safe. Idea books, traceable designs, tools and an experienced staff will help create a beautiful finished piece.

• **Framing qualification classes** are scheduled 6 to 8:30 p.m.

Wednesdays and 9 to 11:30 a.m.

Saturdays. There is a \$10 registration fee. Materials are available for purchase from the instructor. This class is mandatory to use the frame shop.

• **Craft classes** are held 6 to 8:30 p.m. Wednesdays. There is a \$5 registration fee plus cost of materials.

• **Sewing classes** are held 6:30 to 8:30 p.m. Thursdays. All sewing classes can accommodate beginners unless noted. The class includes materials, instructions, patterns and handouts. A three-ring notebook is recommended. All supplies and kits are available for purchase.

• **Quilts For Kids** is held 11 a.m. to 3 p.m. July 9. Help make quilts for kids who are in extended hospital stays or in a safe house. No experience necessary.

• **Rubber stamping classes** are offered 6:30 to 8:30 p.m. Tuesdays and 2 to 4 p.m. Saturdays. All levels are welcome. Stamping supplies are available from the instructor.

• **Lunch classes** require no registration fee. Participants pay only for materials used. An upcoming class is *Coin dish* Wednesday.



● **Six-week introductory pottery** courses are held 6:30 to 9:30 p.m. Wednesdays. There is a \$55 registration fee plus materials fee.

● **Six-week intermediate pottery** courses are held 6:30 to 9:30 p.m. Thursdays. There is a \$55 registration fee plus materials fee.

## MISC.

**Tubing** Family tubing on the Delaware River Saturday. Cost is \$15 per person, which includes lunch. Depart From Chapel 1 at 9 a.m. For more information, call 754-HOPE.

**ATWIND Miles** Earn ATWIND miles at the McGuire FSC. Eligible participants earn one "Around The World In Ninety Days" game piece each time they use an FSC service or attend a program seminar during the contest period. These services include the family services loan closet, relocation assistance, employment opportunity information, job search skills instruction, money management education, personal and family readiness resources, transition and career planning, food pantry and more. Visit the FSC or [public.mcguire.af.mil/fsc](http://public.mcguire.af.mil/fsc) to learn more about upcoming calendar events and personalized services designed to benefit members and their families. For more information, call 754-3154.

### ATWIND activity list

**Monday:** Enlisted club - Pudgy's Sports Pub / Wright Brothers Café / cashier's cage, youth center

**Tuesday:** Auto skills center, flight kitchen

**Wednesday:** Officers' club, child development centers

**Thursday:** Library, Falcon Creek Golf Course, family pool at Falcon Courts North

**Friday:** Information, tickets and travel, lodging

**Saturday:** Fitness center

**Sunday:** Halvorsen hall dining facility, Airmen's firehouse  
**Extra game piece opportunities:** Volunteer at any of the following activities and get an ATWIND game piece: Airmen's attic, family services, hearts apart.

Use any of the following family support center services and get an ATWIND game piece: Computer

resource center, family services, personal session with community readiness consultant/technician.

**Thrift shop** The McGuire thrift shop hours are 10 a.m. to 2 p.m. Wednesday, Thursday, Friday and 10 a.m. to 6 p.m. the third Wednesday of the month. Consignments are accepted from 10 a.m. to noon only. The thrift shop is also open 10 a.m. to 2 p.m. the first and third Saturday of the month, but does not take consignments, only furniture on these days. Volunteers are needed, no experience is necessary. The thrift shop is located in Building 3446 on Broidy Avenue. All proceeds from the thrift shop benefit the McGuire Officers' Spouses' Club Scholarship Fund and other McGuire community charities.

**AFSA** The Air Force Sergeants Association represents all Air Force enlisted people. They are active duty, retired or former Air Force, Air Force Reserve or Air National Guard enlisted professionals who work for all members. They invite everyone to be a part of their dynamic organization. For more information, visit [www.afsahq.org](http://www.afsahq.org) or call Tech. Sgt. Fischer at 754-2256.

**Airmen's Attic** Airmen's Attic will host an "All Ranks Open House" 10 a.m. to 2 p.m. Monday. Clothing for children who wear infant to size 6x, seasonal items, new and used furniture, appliances, household items, and more are available to Team McGuire members and their spouses. No referral is needed during the open house. The Airmen's Attic is located at 3446 Broidy Avenue. For more information, call 754-8703 or 754-3814.

## KIDS & TEENS

### Greyhound Football

Registration is now being accepted for the junior Greyhound football and cheerleading squads. The Jr. Greyhounds compete in the South Jersey Independent Youth Football Association and play games against teams from Bordentown, Burlington Township, Burlington City, Mt. Laurel, Pemberton and other South Jersey communities. All children five to 14 years old from the four Northern Burlington Regional townships and McGuire are welcome to register. Registrations will be accepted

now through the end of June. For additional information visit the league website at [www.eteamz.com/jrgreyhounds/](http://www.eteamz.com/jrgreyhounds/) or call 324-1723 or 298-5080.

**Club Beyond** Club Beyond still has openings for Young Life camp for high school and junior high students. The high school camp dates are July 10 to 16 and junior high is August 12 to 16. For those interested in working with the teens, there will be a training session over the summer. Contact Scott Schesser at 754-5904 or [club@dandy.net](http://club@dandy.net).

### Boy Scouts

● McGuire Boy Scout **Troop 18** invites youths ages 11 to 17 to join them. Youths must be willing to learn new skills and leadership. Meetings are held every Thursday in Building 3412. For more information, contact Ricky Fisher, troop committee leader, at 893-1063.

● McGuire Boy Scout **Troop 99** is extending an invitation to boys ages 11 to 17 to join in scouting. Interested individuals will learn outdoor, leadership and teamwork skills. Meetings are held 7 p.m. every Wednesday in Building 3412. For more information, contact Mike Phillips, assistant scoutmaster, at 723-2162.

**Kids' craft classes** The Fort Dix arts and crafts center holds craft classes for children. To register, or for more information, call 562-5691.

● **Kids' craft classes** for children ages six to 12 are held 12:30 to 2 p.m. Saturdays. There is a \$5 registration fee plus the cost of materials. The next class is *Patriotic tile* Saturday.

● The next **summer art camp** session runs 1 to 3 p.m. starting July 13 to July 22.

● **Three-week teen pottery class** is held 10:30 a.m. to noon Saturdays for ages 10 to 13. There is a \$20 registration fee plus small materials fee.

## SELF

### IMPROVEMENT

#### Confidence Building

A confidence building seminar is 9 to 11 a.m. on July 7 at the FSC. Topics discussed at this personal growth class include techniques for developing a positive self-image and helping participants feel good

about themselves. Registration is required. For more information and to register, call at 754-3154 or visit [public.mcguire.af.mil/fsc](http://public.mcguire.af.mil/fsc).

**Anger management** An anger management seminar is scheduled 8 to 10 a.m. the first three Fridays of the month at the FSC. For more information, call 754-9680.

### Nutrition classes

Nutrition classes are available at the Health and Wellness Center. The following classes are held each month: Weight Loss, Diabetes Nutrition, Cholesterol and High Blood Pressure, Sensible Weight and Healthy Eating. Other nutrition related and individual appointments are available. Classes are open to anyone. For more information, call 754-5718.

## SPIRITUAL

**Catholic services** Daily Mass is 11:35 a.m. Monday through Thursday at Chapel I. Weekend Mass is held 5 p.m. Saturday and 9 a.m. Sunday at Chapel I. For more information, call 754-HOPE.

**Islamic community** Zhur

prayer service is noon Monday through Friday at the Fort Dix chapel. For more information, call 754-HOPE.

### Jewish community

Jewish community Sabbath worship is 6:30 p.m. the first and third Friday of each month at the Fort Dix Chapel.

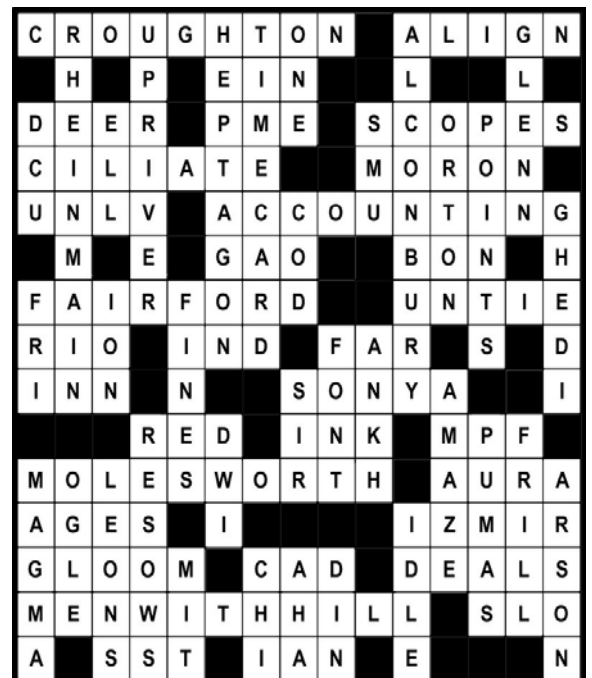
**Protestant services** A Gospel service is 11 a.m. Sunday at Chapel I. The Evangelical service is 11 a.m. at Chapel II. For more information, call 754-HOPE.

**Wiccan** Study group meets 6:30 p.m. the first Tuesday each Month in Chapel II conference room. For more information, call 754-HOPE.

**OCF** The Officers' Christian Fellowship meets for Bible study 6:30 p.m. the first and third Monday of every month at Chapel II. For more information, call 754-HOPE.

**Reformation group** A men's Reformation study group is 11:45 a.m. Fridays at the officers' club. Study the basic theology of Christianity. For more information, call 754-HOPE.

## Answers to Places you might not know



Clip and save this page!

# 305 Services Squadron

## HIGHLIGHT CALENDAR FOR JULY 2004

calendar subject to change



**McGuire AFB**  
**SERVICES**  
 Combat Support & Community Service

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div>AMC's ATWIND IS BACK</div> <div>From June 1 thru August 31, play the interactive game, Around the World in Ninety Days and you may win one of two brand-new Saturns, room-fills of new furniture from Thomasville, a new Lifecycle from LifeFitness, two round-trip tickets to anywhere in the USA, Canada or Mexico, PLUS instant cash, T-Shirts, mugs, and more. Get complete details by logging on to <a href="http://www.atwind.com">www.atwind.com</a>.  Every day is an ATWIND day at Services activities and selected special events across McGuire AFB!</div>			1 Fitness Event - Fire Cracker 5K Run/Walk, Come join the Fitness Center for a fun and healthy event. Participants will receive water bottles, t-shirts, key chains, water jugs and gym bags as incentive awards. Call 754-6085 for more information.	2 PLAY ATWIND AND WIN! FRI-DAYS ARE ATWIND DAYS AT ITT AND LODGING. Participate in activity at either place and get ATWIND Game Pieces. Log on, play, and you could win one of two new Saturns or round trip tickets to anywhere in the USA!	3 PLAY ATWIND AND WIN! SATURDAYS ARE ATWIND DAYS AT THE FITNESS CENTER. Participate in activities at the Fitness Center and get ATWIND Game Pieces. Log on, play, and you could win one of two new Saturns or round trip tickets to anywhere in the USA!	4 Halvorsen Hall Dining Facility - 4th of July Meal, 11a.m. to 1p.m. Call 754-8934  Falcon Creek Golf Course - Firecracker Bang Tournament, shotgun start 8:30 a.m. WIN A 2004 NISSAN ALTIMA , call 754-2169
5 YOUTH CENTER Every Monday Torch Club, 6 p.m.;Tae Kwon Do, 5 p.m.;Nite Hoops,7 p.m.; Dance Classes beginning at 4 p.m. Call 754-KIDS  E CLUB BINGO, 7 p.m. Every Monday Check out our Bingo specials. Call 754-2396	6 Officers' Club - Tommy B's Mexican Buffet Grand Opening, all ranks lunch from 11a.m. to 1p.m., Soup, Salad, Taco Bar, Burritos, Churros, Tamales, Call 754-3296 for more information. BINGO at the Enlisted CLUB: beginning at 7 p.m. Call 754-2396.	7 Enlisted Club - BBQ Lunch Buffet, 11a.m. to 1p.m., Menu is BBQ Ribs, BBQ Chicken, Baked Beans, Corn on the Cob, Cole Slaw, Potato Salad and Dessert, \$7.95Members \$8.95 non-members, Call 754-2396 for more information.	8 PLAY ATWIND AND WIN! THURSDAYS ARE ATWIND DAYS AT LIBRARY, FALCON CREEK AND FAMILY POOL. Participate in activities at these locations and get ATWIND Game Pieces. Log on, play, and you could win one of two new Saturns or round trip tickets to anywhere in the USA!	9 FOR COMPLETE INFORMATION ON ANY EVENT IN THIS CALENDAR, VISIT <a href="http://www.305services.com">www.305services.com</a>  There's so much more than what fits here! Visit often and you won't miss a thing!	10 Amish Country Cooking Tour, From ITT and Starr Tours. Enjoy a food demonstration at the Plain and Fancy Restaurant. Jam and Relish tasting at the Canning Company, Wine tasting and more! Call 754-2145 for more information	11 Fitness Event - Women's Softball Tournament, Come join the Fitness Center for a fun and healthy event. Participants will receive water bottles, t-shirts, key chains, water jugs and gym bags as incentive awards. Call 754-6085 for more information.
12 Falcon Creek Golf Course - CPTS, shotgun start at 8am, call 754-2169 for more information.  E CLUB BINGO, 7 p.m. Every Monday Check out our Bingo specials Call 754-2396	13 Falcon Creek Golf Course - Intramural Golf, shotgun start at 12p.m., call 754-2169 for more information.  PUDGY'S SPORTS PUB 10-cent Hot Wings for Club Members ! No take out available!	14 Officers' Club - Card Night at Tommy B's, Play poker, Gin, Euchre, and more, 5:30p.m. to 9pm, Bar menu available, ALL RANKS - NO COST, Call 754-3296 for more information.	15 Fitness Event - Iron Man Bench Press Competition, Starts at Noon. Call 754-6085 for more information.  Falcon Creek Golf Course - 15 Masonic District, shotgun start at 12p.m., call 754-2169 for more information.	16 ATWIND DAY AT THE LIBRARY, POOL AND GOLF COURSE. VISIT AND PICK UP YOUR GAME PIECES!	17 Library Activity - Dueling Masters Gaming Club Kick-off Tournament, 12:30pm in the Library. tournament. The club will meet on Saturdays until the end of August. Call 754-2079. ITT - Statue of Liberty Depart 0800, \$25.00AD, \$15.00CH, Price includes admission, Call 754-2145 for more information	18 PLAY ATWIND AND WIN! SUNDAYS ARE ATWIND DAYS AT HALVORSEN HALL AND THE AIRMEN'S FIRE-HOUSE. Participate in activities at these locations and get ATWIND Game Pieces. Log on, play, and you could win one of two new Saturns or round trip tickets to anywhere in the USA!
19 E CLUB BINGO, 7 p.m. Every Monday Check out our Bingo specials Call 754-2396  LIBRARY Tween Reading Group Age 9-12, 6 p.m.	20 PLAY ATWIND AND WIN! TUESDAYS ARE ATWIND DAYS AT AUTO SKILLS CENTER AND THE FLIGHT KITCHEN. Participate in activity at either place and get ATWIND Game Pieces. Log on, play, and you could win one of two new Saturns or round trip tickets to anywhere in the USA!	21 Youth Summer Basketball Program - Operation Night Hoops, a socially themed basketball league for boys and girls age 13-18, usually conducted on Friday evenings. The program is a hybrid of two highly successful programs that the Air Force Youth Centers have operated for many years - the Spurs Drug-Free Youth Basketball and midnight basketball. As part of the program, volunteer coaches receive special training on how to talk to their players about drugs, alcohol and tobacco in order to convey players throughout the course of the basketball season. In addition, all players and coaches must sign a sportsmanship and anti-drug pledge and recite the pledge prior to every game. Before or after designated games, players and coaches are required to attend special workshops that address smart decision making and life skills issues. Registration June 7 - July 2, cost is \$20 per participant. Pre-season 28 June, Season July 6 - July 30, Tournament Aug. 3 - Aug. 6. Call 754-5437.		22	23	24 ITT - Extreme Fest Sovereign Bank Arena See the nations top Freestyle Riders in your own back yard. If inline rollerblading, freestyle BMX, Motor X and Skateboarding are your game, then this is the place for you. Tickets only, Showtime 1900, \$29.95 AD, \$11.00 CH, Call 754-2145
26 PLAY ATWIND AND WIN! MON-DAYS ARE ATWIND DAYS AT ENLISTED CLUB AND THE YOUTH CENTER. Participate in activity at either place and get ATWIND Game Pieces. Log on, play, and you could win one of two new Saturns or round trip tickets to anywhere in the USA!	27 Falcon Creek Golf Course - Intramural Golf, shotgun start at 12m, call 754-2169 for more information.  PUDGY'S SPORTS PUB 10-cent Hot Wings for Club Members from 5p.m to 10p.m. Bring the gang for a Hot-Wing Feast! Call 754-2396 for more club activities!	28 Youth Center Wet & Wild Wednesday: 6:30pm - 8pm, \$3 members, \$5 non-members, includes DJ and refreshments. Call 754-5437 WEDNESDAY NITES AT THE E CLUB BINGO at 7p.m. PUDGY'S Karaoke from 8 to 11:45 p.m.	29 Enlisted Club - Korean Lunch Special in Wright Bros Café, Bulgoki and Chap Che, Call 754-2396 for more information.  Falcon Creek Golf Course - Lady Knock, shotgun start at 12m, call 754-2169 for more information.	30 Officers' Club - Mongolian BBQ, by reservation, \$10.95 members, \$12.95 non-members, \$5.95 children 6 - 10, children under 6 eat free, Price includes too much to list here! Call 754-3296 for reservations and and complete menu information.	31 ITT - NBC Studios and Rockefeller Center Tour Spend a day touring the Rockefeller Center and the NBC Studios. Enjoy the rich history and exciting presence of New York's architectural jewel and learn about the early days of NBC radio. Depart from Trenton/Hamilton. Directions available at the ITT office, \$8.95, Call 754-2145 for more information ITT - Chicago the Musical Don't miss this opportunity to see this amazing Musical District. We will depart from Trenton/Hamilton. Directions available at the ITT office. Departure: 0930, Arrive back home 2000, \$139.95, Call 754-2145 for more information	

Visit us on  
the web at

# www.305services.com



## Local cycling club gives variety to members' workout

By **Airman 1st Class**  
**Ashley Casas**  
Staff Writer

For people looking to mix up their summer workout routine, GSK Cycling may be the answer.

GSK Cycling is a bicycle group, sponsored by Glaxo Smith Kline pharmaceutical company and started by Frank McCarry in 1993, that rides in local charity events throughout the summer. Their signature event is the Multiple Sclerosis 150 City to Shore Bike Tour, a 150-mile weekend ride held the third weekend in September.

"Our team, Team GSK, Frank and his friends have all been riding in the MS 150 event since 1996," said Larry Etzel, 305th Air Mobility Wing C-17 program office and captain of the southern New Jersey GSK team. "During this time the group has raised more than \$650,000 for Delaware Valley area men and women suffering from Multiple Sclerosis and funds research to find a cure for MS."

Since the group of riders in New Jersey is spread out over such a large area, they do not have an organized ride schedule, said Etzel. However, a small group of riders from the base gets together to ride on Tuesdays and Thursdays at 5 p.m. The Glaxo employees have rides Monday through Thursday

every week in the Valley Forge, Penn. area. They also have an assortment of week-end rides throughout the summer.

"Cycling is a great cardiovascular workout," said Etzel. "Your joints avoid the pounding they take from running, and it's also a terrific social experience when you get a fun group of people together."

The group currently participates in three charity rides in the Philadelphia area. Besides supporting the National MS Society, the group rides in support of the American Diabetes Association's event, the ADA Tour de Cure in June each year, and in the American Cancer Society's event, the ACS Bike-A-Thon every July.

"In 2002 we had almost 200 riders on the team and raised over \$117,000 during the MS 150," Etzel said. "That was the biggest turnout we've ever had. The other events for the ACS and the ADA are growing, but are not nearly as big as the MS ride."

Members interested in joining can visit [www.frankandhisfriends.com](http://www.frankandhisfriends.com) to see the history of the team. To join the McGuire team, call Etzel at 754-1217.

"The group is open to anyone and everyone," Etzel said. "We are looking for people with big hearts who are looking for exercise, fun and adventure."

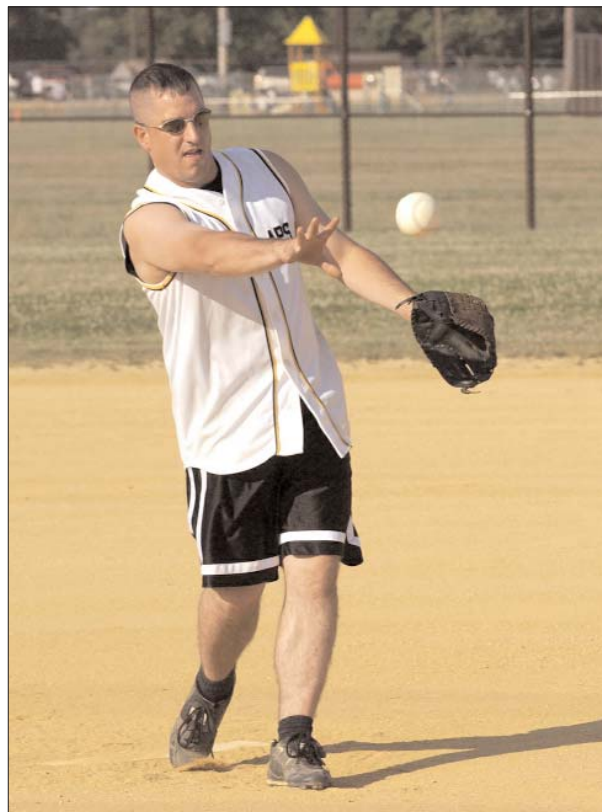


Photo by Brian Dyjak.

## AND HERE'S THE PITCH —

Brad Devinney, of the 305th Aerial Port Squadron softball team, releases a pitch in the game against the Contracting/Finance Team June 21. Devinney pitched a solid game against the Contracting/Finance Team, giving APS a 14-8 victory. Look below for this week's softball schedule.

## This week's intramural softball schedule

Softball games are played Tuesday through Friday. For more information on intramural sports, call Staff Sgt. Heather Brundidge, 305th Services Squadron, at 754-6051.

### Monday: 5:45 p.m. -- Services

Squadron/Maintenance Operation Squadron vs. 32/2 Air Refueling Squadron, field one; Logistics Readiness Squadron II vs. 305th Maintenance Squadron II, field four.

6:45 p.m. -- Security Forces Squadron vs. Contracting/Comptroller Squadrons, field one; Civil Engineer squadron vs. Mission Support Squadron/Air Mobility Wing, field four.

### Tuesday: 5:45 p.m. -- 305th MXS

II vs. 605th Aircraft Maintenance Squadron, field one; Air Mobility Warfare Center vs. 108th Air Refueling Wing, field four.

6:45 p.m. -- 305th Aircraft Maintenance Squadron vs. Medical Group, field one; 621st Air Mobility Operations Group vs. Communications

Squadron, field four.

### Wednesday: 5:45 p.m. --

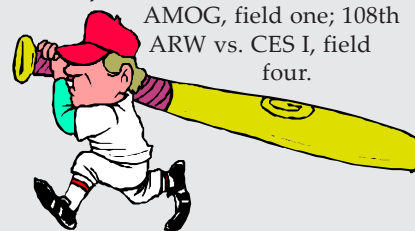
CONS/CPTS vs. 32/2 ARS field one; CES II vs. Aerial Port Squadron, field four.

6:45 p.m. -- SFS vs. Operations Support Squadron, field one; LRS II vs. MSS?AMW, field four.

### Thursday: 5:45 p.m. -- CS vs.

605th AMXS, field one, MDG vs. LRS, field four.

6:45 p.m. -- 305th MXS I vs. 621st AMOG, field one; 108th ARW vs. CES I, field four.



## WELLNESS TIP

### Avoid your boiling point!

When exercising in extreme heat ...

- ▶ Drink plenty of fluids (2-4 glasses per hour)
- ▶ Replace electrolytes with fruit juices or sports drinks
- ▶ Wear sunscreen to reduce risk of sunburn
- ▶ Wear lightweight, loose and light-colored clothing
- ▶ Start out at slow pace; increase gradually
- ▶ Use the buddy system for safety
- ▶ Schedule "PT" activities during cool hours of the day



SOURCE: AMIC Surgeon General's Office

Information graphic by Master Sgt. Paul Fazzini